

Full Report (All Nutrients) 01236, Ice cream, soft serve, chocolate

Report Date: December 05, 2015 08:48 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 86g
Proximates					
Water	g	59.80	--	--	51.43
Energy	kcal	222	--	--	191
Energy	kJ	930	--	--	800
Protein	g	4.10	--	--	3.53
Total lipid (fat)	g	13.00	--	--	11.18
Ash	g	0.90	--	--	0.77
Carbohydrate, by difference	g	22.20	--	--	19.09
Fiber, total dietary	g	0.7	--	--	0.6
Sugars, total	g	21.16	--	--	18.20
Minerals					
Calcium, Ca	mg	131	--	--	113
Iron, Fe	mg	0.21	--	--	0.18
Magnesium, Mg	mg	12	--	--	10
Phosphorus, P	mg	116	--	--	100
Potassium, K	mg	177	--	--	152
Sodium, Na	mg	61	--	--	52
Zinc, Zn	mg	0.52	--	--	0.45
Copper, Cu	mg	0.030	--	--	0.026
Manganese, Mn	mg	0.005	--	--	0.004
Selenium, Se	µg	3.0	--	--	2.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.8	--	--	0.7
Thiamin	mg	0.049	--	--	0.042
Riboflavin	mg	0.182	--	--	0.157

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 86g
Niacin	mg	0.095	--	--	0.082
Pantothenic acid	mg	0.506	--	--	0.435
Vitamin B-6	mg	0.048	--	--	0.041
Folate, total	µg	9	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	8
Folate, DFE	µg	9	--	--	8
Choline, total	mg	26.0	--	--	22.4
Vitamin B-12	µg	0.50	--	--	0.43
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	162	--	--	139
Retinol	µg	159	--	--	137
Carotene, beta	µg	30	--	--	26
Carotene, alpha	µg	5	--	--	4
Cryptoxanthin, beta	µg	5	--	--	4
Vitamin A, IU	IU	589	--	--	507
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	151	--	--	130
Vitamin E (alpha-tocopherol)	mg	0.61	--	--	0.52
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.7	--	--	0.6
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	0.6
Vitamin D	IU	29	--	--	25
Vitamin K (phylloquinone)	µg	0.9	--	--	0.8
Lipids					
Fatty acids, total saturated	g	7.460	--	--	6.416
4:0	g	0.390	--	--	0.335
6:0	g	0.230	--	--	0.198
8:0	g	0.130	--	--	0.112
10:0	g	0.300	--	--	0.258
12:0	g	0.340	--	--	0.292
14:0	g	1.240	--	--	1.066
16:0	g	3.360	--	--	2.890

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 86g
18:0	g	1.470	--	--	1.264
Fatty acids, total monounsaturated	g	3.490	--	--	3.001
16:1 undifferentiated	g	0.270	--	--	0.232
18:1 undifferentiated	g	3.220	--	--	2.769
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.460	--	--	0.396
18:2 undifferentiated	g	0.280	--	--	0.241
18:3 undifferentiated	g	0.180	--	--	0.155
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	91	--	--	78
Amino Acids					
Tryptophan	g	0.048	--	--	0.041
Threonine	g	0.169	--	--	0.145
Isoleucine	g	0.215	--	--	0.185
Leucine	g	0.353	--	--	0.304
Lysine	g	0.296	--	--	0.255
Methionine	g	0.091	--	--	0.078
Cystine	g	0.036	--	--	0.031
Phenylalanine	g	0.176	--	--	0.151
Tyrosine	g	0.170	--	--	0.146
Valine	g	0.241	--	--	0.207
Arginine	g	0.172	--	--	0.148
Histidine	g	0.099	--	--	0.085
Alanine	g	0.164	--	--	0.141
Aspartic acid	g	0.300	--	--	0.258
Glutamic acid	g	0.745	--	--	0.641
Glycine	g	0.163	--	--	0.140
Proline	g	0.374	--	--	0.322

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 86g
Serine	g	0.216	--	--	0.186
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	2	--	--	2
Theobromine	mg	69	--	--	59